



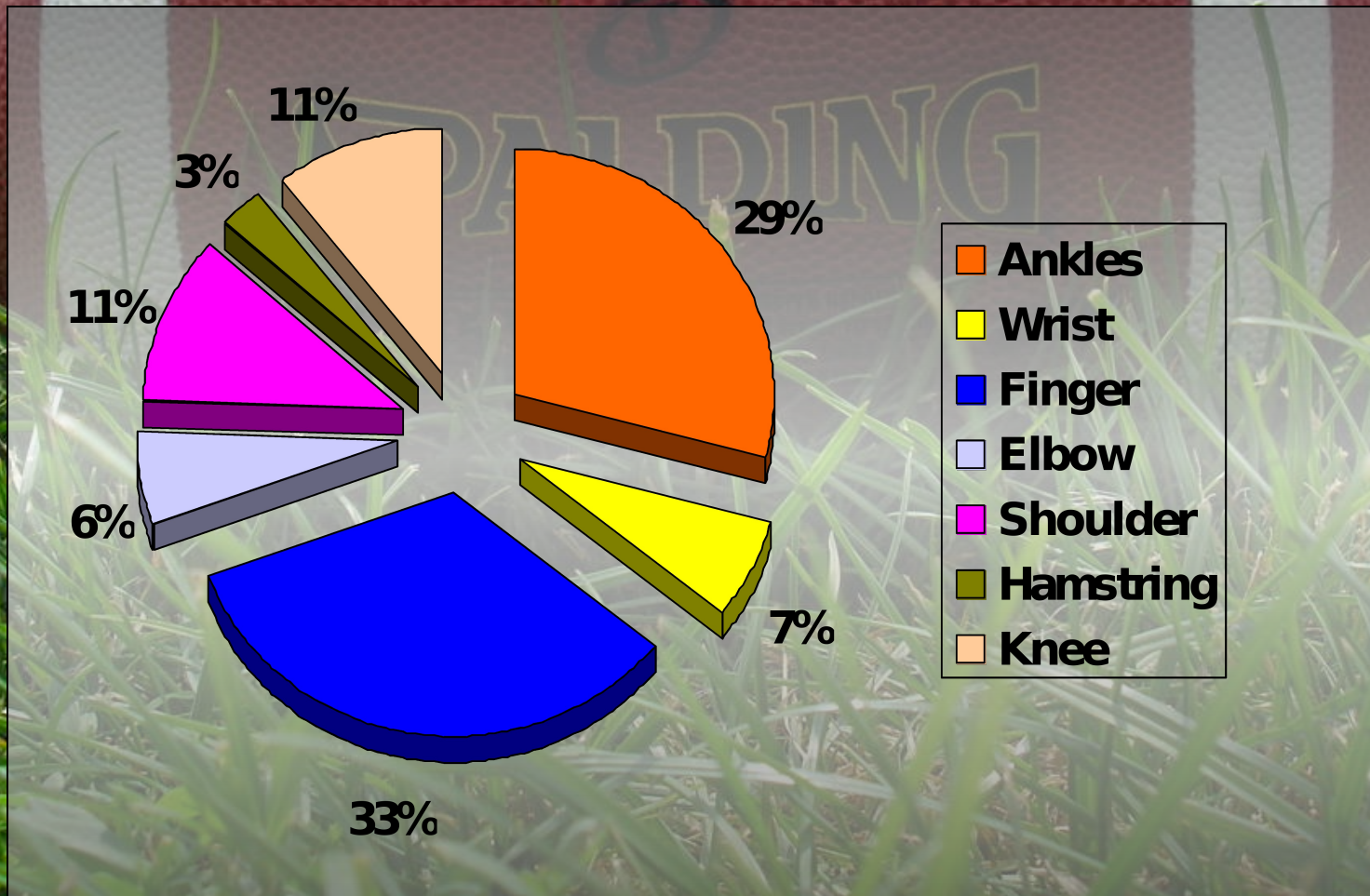
Football Injuries



Injury Causes

In a study of the Top 20 Navy Injury Causes from FY00-FY08, “team sports” was number one.

Types of Injuries



Injury Severity

FY03-08

Duty	Major	Minor	1st Aid	Lost Time	Total
Off	74	72	48	297	491
Unk	1	8	9		
On	30	27	15	152	224
Total	104	99	64	457	724

These accounted for:

- **219 hospital days**
- **3,009 lost days**
- **722 light duty days**



What the Referees Say

**The following information is based
on interviews with Navy intramural
football referees and coaches**

A close-up photograph of a red and white Spalding football lying on a green grassy field. The football is positioned horizontally, with its laces visible. The brand name 'SPALDING' is printed in large, dark letters on the white stripes. The background is a blurred view of a grassy field under a bright sky.

What kinds of injuries have you seen in games?

- **Sprained ankles**
- **Dislocated shoulders**
- **Strained muscles**
- **Sprained
ankles/fingers/wrists**



Prevalence of Injuries

- **Injuries are “common”**
- **Some or most could be prevented**



How to Prevent Injuries

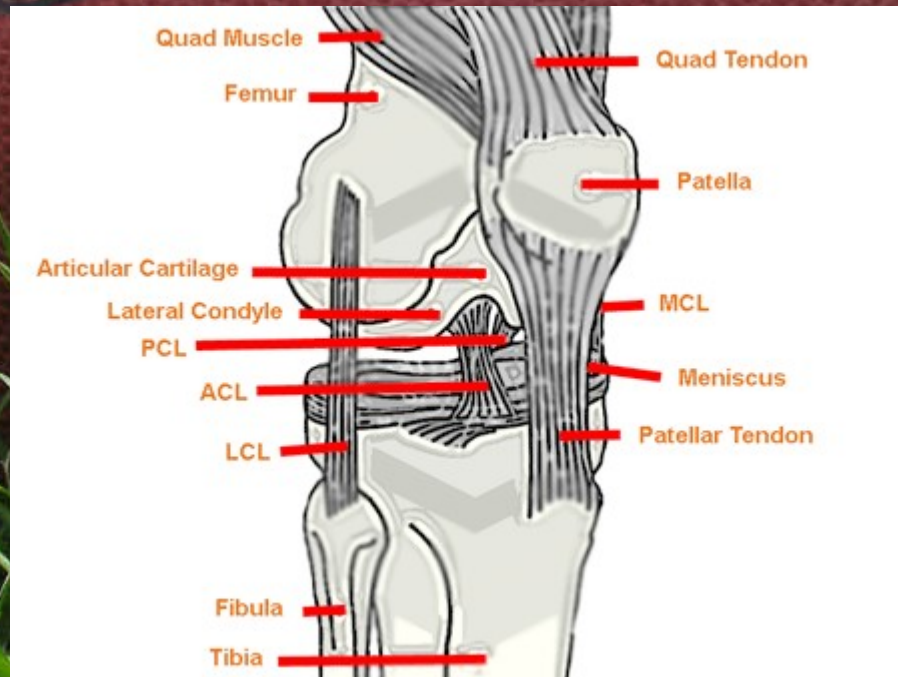
- **Proper stretching and warming up before the games.**
- **Check the condition of the fields.**
- **Avoid softball fields, uneven surfaces**

What Can Players Do to Avoid Getting Hurt?

- **Warm up before the game**
- **Stretch**
- **Wear ankle, wrist and/or knee braces/supports**



These areas are the most common injury spots.



**Knee injuries occur frequently.
Here are the areas of concern.**

This x-ray shows how bad it can get.





X-rays of neck injuries.



Ouch!

A few stitches never hurt anyone ...



**... especially when you're not
the guy who is getting them.**



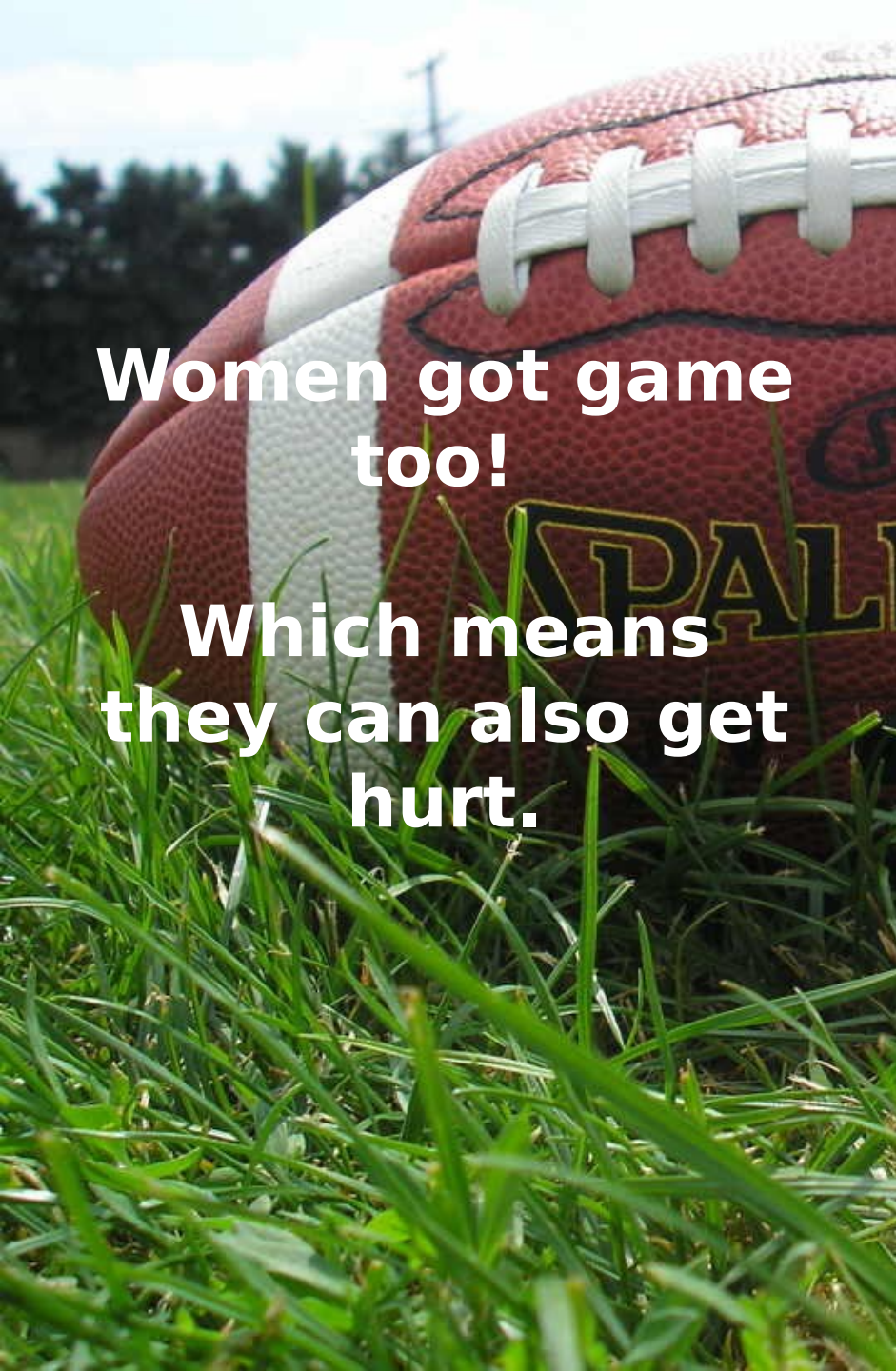
Referees must help enforce the rules and calm down over-competitive players



**When all players follow the rules,
everyone has more fun**



This guy won't be working (or walking) tomorrow



**Women got game
too!**

**Which means
they can also get
hurt.**

